

Health Matters



King County

It's the perfect time to make
some positive changes.



LEARN HOW, RIGHT NOW.

Weight Watchers gives you access to healthy, sustainable ways to lose weight. You choose when and where it's convenient for you.

AT WORK MEETINGS*†bring the Weight Watchers experience to your workplace where a trained Leader facilitates weekly meetings, and you benefit from the proven advantage of group support from co-workers.

With **WEIGHT WATCHERS®**
you choose the solution
that's best for you.

Free Informational Meeting

Date:

Time:

Place

Contact:



* Available only in participating areas in the U.S. †Minimum enrollment required.
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Get Healthy. Stay Healthy

visit us online:

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